



Labyrinth Walk

Rev. Dr. Nita Penfold
August 9th, 2026

Ringling of the Bowl

Nita Penfold

Welcome

Chalice Lighting

Introduction to the Labyrinth

Body Prayer

Labyrinth Walk: Because this is a canvas labyrinth, you are asked to walk either barefoot or with covers on your shoes. The ushers will help those who need help with the covers provided.

For our joys and concerns today, you may wish to take a candle to the center and leave it there as sharing with this community.

Focus: Pause and wait at the entrance until the prior person is at the first turn. Become quiet and centered.

Experience: Walk purposefully. Observe the process. If you wish to, you may go around a person who is advancing slowly but be careful to get back on the path. When you reach the center, stay there and focus a moment on your intention. Leave when it seems appropriate. Be attentive on the way out.

Exit: Turn and face the entrance. Give a silent acknowledgement of ending, such as "Amen" or "Blessed Be." After walking, you may wish to write or draw until all participants have walked or use the finger labyrinth for a different experience.

Music: Feather, Stone & Light R. Carlos Nakai, William Eaton, Will Clipman

Closing Words

T. S Eliot

Serving Us This Morning
Greeters: Carl Bassi and Chris Tighe
Ushers: Lisa Ross and Chuck Eby
A/V:

Music Notes

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Welcome to this religious community
where we affirm the dignity, worth, and freedom
of all who enter our doors.

Here we seek to live together in relationship and respect so that we may embrace and celebrate our differences. Understanding that we need not think alike to love alike, our religious values invite us to a shared journey of truth and meaning. Sincerity and connection guide our religious community and call us into deeper association with ourselves and our world.

We welcome people of all ages, races, classes, ethnicities, abilities, sexual orientations and gender identities. First Unitarian Church of St. Louis is a *Welcoming Congregation* committed to the inclusion of LGBTQIAA+ individuals, families and communities in the life of our congregation. We are a *Green Sanctuary Church*, committed to sustainable practices and ethical consumption on our building and grounds.

First Unitarian Church of St. Louis Yellow Pages

(314) 361-0595 5007 Waterman Boulevard, St. Louis, Missouri 63108

<https://www.firstuustlouis.org/>

Weekly E-News from First Unitarian Church of St. Louis

Worship Service

Sunday, August 9th, 2026

Labyrinth Walk with Rev. Dr. Nita Penfold

Join Rev. Dr. Nita Penfold in the chapel for a meditative walk on a canvas labyrinth. A labyrinth is an ancient symbol that relates to wholeness and a metaphor for life's journey. It is not a maze, with only one path to the center and out again. Please wear comfortable clothing and socks or slippers (participants are asked to remove their shoes for the walk or use shoe covers provided) and bring materials for journaling. Join us for a morning of beautiful quiet, reflection, learning and prayer as we become "spiritual beings on a human path, not simply human beings on a spiritual path."

Watch on YouTube Here - In Person Only This Week

[You are invited to use this Finger Labyrinth in Your Home](#)

Sunday, August 9th, 2026

10:00 am - 11:00 am - Worship Service (in person and online)

10:00 am - 11:00 am - Summer Religious Education

Tuesday, August 11th, 2026

11:00 am - 1:00 pm - Women's Alliance - (lunch at Mai Lee)

4:00 pm - 5:00 pm - Human Rights Social Witnessing (Kingshighway & Waterman)

Saturday, August 15th, 2026

All Day - Board & Council Retreat (Chapel and Fellowship Hall)

Sunday, August 16th, 2026

10:00 am - 11:00 am - Worship Service (in person and online)

11:00 am - noon - Library Reopening (John Learned Library)

Upcoming Services

August 16th, 2026 - Book Communion with Rev. Kim Mason

August 23rd, 2026 - There Are No Words with Rev. Kim Mason

August 30th, 2026 - A Little Help From My Friends with Carl Serbell

Water Communion - September 13th, 2026

Each year we commemorate the end of summer with Water Communion. Everyone is invited to bring a small amount of water from summer travels or from your own back yard. The water will be combined in one vessel thus representing our uniting as a community after summer and individual wanderings.

Joys and Concerns

Joys

*Grateful for another successful Trinity Hot Lunch! The guests were thankful for the meal and our presence. Thanks to Deborah, Dean, Marti, Lynn, Sam, Chris, Marsh, Shahzeem, Cathy, Joel, and Angela who prepped, cleaned, cooked, transported, served, and cleaned again! -- **Annette Peterson***

***Fran Hoffman's** grandson, Henry, has responded well to his cancer treatment and will be able to return to school and sports activities in the fall.*

Concerns

We hold in our hearts those who are experiencing difficulties at this time.

As a church community, each of us is an integral part of the care and concerns network.

SHARE a Joy or Concern with us by clicking the button below or email your joy or concern to careandconcern@firstuustlouis.org

Submit Joy or Concern Online:

<https://forms.gle/PwiiwMGuMuvUB6g2A>

Please Join Us for

A Tree Dedication

In Memory of

Dolores Miller

Dori was the City Clerk of U. City

For 19 years & a supporter of all things U. City

Including U. City in Bloom

Sunday, August 23, 2026

4:30 pm

City Hall

6801 Delmar

Presentation. Light Refreshments

And a Champagne Toast to Dori - RSVP to Valerie Miller

Religious Education for Children

Summer RE will be held Aug 9th. Children will go directly to the kitchen.

On the other Sundays in the summer, children over 5 stay with their parents in the Sanctuary.

The Nursery will be open for children 0-5 years old.

Church News & Events

Library Reopens on August 16

Join the Library Committee on Sunday, August 16, during coffee hour as we celebrate the reopening of the renovated John Learned Library after a 6-year hiatus.

Join Revs. Kim & Sabrina for the August 21st Food Truck Friday in Tower Grove Park

It'll be crowded so look for Kim and Sabrina on the east side of the bathrooms. They'll have a bunch of balloons in rainbow colors. Bring a blanket or lawn chair and money for the food trucks. [See the map for more info.](#)

Love at the Center Book Club

This book club explores the moral principles of our Unitarian Universalist Association Values statement: Interdependence, Justice, Equity, Transformation, Pluralism, Generosity, and Justice.

September 6th (7:00 - 8:30 pm) Selection:

***Time of the Child* by Niall Williams**

Doctor Jack Troy was born and raised in Faha, but his responsibilities for the sick and his care for the dying mean he has always been set apart from the town. His eldest daughter, Ronnie, has grown up in her father's shadow, and remains there, having missed one chance at love – and passed up another offer of marriage from an unsuitable man.

Sign-Up in Fellowship Hall

Tabernacle CDC

Several members recently participated in the Tabernacle CDC neighborhood clean-up day.

There are two additional clean-up days coming - August 15th and September 19th from 9:00 - 11:00 am. Sign-up using this link:

<https://www.signupgenius.com/go/10C0B4CAEAD23A1F4C52-62906247-2026#/>

The Interfaith Partnership of Greater St. Louis currently has several dialogue groups that have openings for new participants. Use the links for more information and to sign-up.

The St. Louis County Interfaith Dialogue Group meets every Fourth Wednesday of the month from 11:30am-1:30pm at [Parkway United Church of Christ](#).

St. Charles County Interfaith Dialogue Group meets every Second Tuesday of the month from 6:30pm-8pm at [Spencer Road Library](#).

Prayers for Peace Interfaith Dialogue Group meets every other Wednesday of the month from 10:30am-12pm. Please contact Mary at admin@interfaithstl.org for the location.

Online Giving is Easier than Ever Before!

Our online giving platform, Vanco, is now easier to use than ever before. You can easily set up regular pledge payments, donate to specific funds or purchase tickets to church events on our new web based site (<https://secure.myvanco.com/L-ZCVK/home>) or you can install the app on your phone (this is ideal for Sunday morning offering). Use the QR code below to download the app. Any questions – contact Administrator, Lynn Hunt.



Our Mission

We strive to be a welcoming congregation, inspiring lives of loving kindness and integrity by nurturing spirituality, building community, and advancing justice

** Facebook (<https://www.facebook.com/FirstUnitarianSTL>)

** https://www.instagram.com/first_unitarian_stl/ (https://www.instagram.com/first_unitarian_stl/)**

Website (<https://www.firstuustlouis.org/>)

** YouTube (<https://www.youtube.com/@FirstUnitarianSTL>)

** TikTok (<https://www.tiktok.com/t/ZT84oXuQM/>)

Our mailing address is:

5007 Waterman Boulevard, St. Louis, Missouri 63108
(314) 361-0595

Staff

Rev. Kim Mason, Minister
Rev. Sabrina Trupia, Minister of Congregational Life
Lynn Hunt, Administration
Augustine Underwood, Sunday Sexton
Joel Knapp, Choir Director
Moe Hurst, A/V Technician

Policy Board

Board President – Sidney Watson
Vice President – Carl Bassi
Secretary – Chris Tighe
Treasurer - Margaret Weck
Member - Stan Birge
Member - Mike Bray
Member - Deborah Cavanaugh-Grant
Member - Lisa Ross
Member - Chris Peterson

Church Council

Steve Wilke, Chair
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Fran Hoffman, Outreach and Social Action Cluster
Erin Milligan, Growth and Engagement Cluster
Grace Munie, Programming Cluster